



# THE LANTERN



➤ ➤ The Official Newsletter of the Northeast Region Staff College  
Civil Air Patrol

Friday July 17, 2009

<http://nersc.hnplm.org>

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## NERSC 2009



Leadership is  
the art of getting  
someone else to  
do something  
you want done  
because he  
wants to do it.

-Dwight D Eisen-  
hower-

### SAFETY

Is of Utmost importance

Do not compromise safety for  
any reason

Report any problems to  
LtCol Christine StOnge





## ALPHA SEMINAR

If it moves, salute it; if it doesn't move, pick it up; and if you can't pick it up, paint it.

--Anonymous (1940's saying)--

Always forgive your enemies--nothing annoys them so much.

--Oscar Wilde--



**Norman Schwarzkopf:**

The truth of the matter is that you always know the right thing to do. The hard part is doing it.

## BRAVO SEMINAR















**1 a** : an unforeseen and unplanned event or circumstance

**b** : lack of intention or necessity : **CHANCE**  
<met by *accident* rather than by design>

**2 a** : an unfortunate event resulting especially from carelessness or ignorance

**AN ACCIDENT IS NOT JUST ONE OF THOSE THINGS.**

**ACCIDENTS ARE PREDICTABLE AND PREVENTABLE EVENTS.**



**Merriam-Webster** dictionary defines an Accident

Let's think about definition 2.

On a daily basis we see so called devastating "accidents" as they are referred to in the media. It is alarming and everyone should take notice to this. I have seen statements such as "It was a horrible thing that happened – and it was an unfortunate accident ". This statement and others alike are difficult to understand and should make you think of what is going on.

I have seen my share of so called accidents over the years and there is one thing that stands out is how people classify these as just one of those things that happen. It comes down to one thing, someone or a group of individuals were not being careful and were not safety conscious.

Yes there are some circumstances that are beyond our control and are truly accidents but for the most part someone was the cause. In our society today we all tend to be pushed for time. We seem to always be in a hurry. With this we overlook the obvious and many times take short cuts which can have devastating results.

We stress safety and awareness in all that we do at home, work or in our duties for CAP. Let's not forget that.

Here are something's to think about:

**AN ACCIDENT IS NOT JUST ONE OF THOSE THINGS.**

**ACCIDENTS ARE PREDICTABLE AND PREVENTABLE EVENTS.**

When most of us are careless, try to hurry, take a risk we rarely think of the consequences of our actions. The last thing that we think about is the what if ? Take time to think.

What if something goes wrong?

What could go wrong?

Who else could be affected?

What would be the long term effects?



Most of us have either experienced sprains or strains first hand or have been with someone who has. One steps of a curb and twist his/her ankle or has quickly reached for something, lifted quickly and pulled or strained a muscle. Ankle sprains are a very common injury. Wrist and knees are also very susceptible to injury. As most of us have experienced ankles and a knees are often injured just stepping off a curb, in a hole walking in the woods or walking over uneven ground. In our everyday activities and during our duties within CAP we are always placing ourselves at risk. We are in a society that is always in a hurry. Therefore we tend to injure ourselves.

We must all be conscious of these types of injuries and try to take steps to prevent them. The best prevention is knowledge. What exactly are sprains and what are strains?

### Definition

Any joint in the body may be injured if the ligaments (fibrous bands that connect bone) are overstretched or if the joint is forced past its normal range of motion. Strains refer to a stretching of a muscle or muscle tendon that can range from a small tear in muscle to a complete separation of the muscle tendon. Sprains refer to a stretching of ligaments that connects bone to bone. Specific treatment depends on the joint involved and the degree of injury. "Whiplash" neck injuries, jammed fingers, twisted knees and twisted ankles are usually sprains.

### Return to Normal Activity

It is important to maintain normal mobility of the injured joint during the recovery phase. However, premature return to full activity may slow healing and lead to early reinjury. Undue stress or activity that causes pain should be avoided although mild temporary discomfort during reconditioning exercise is not

# Strains and Sprains

.....  
 What's the difference between a strain and a sprain? Sprains involve a stretch or partial tear of ligaments (which connect two bones) or tendons (which connect muscle to bone). The ankle is where sprains occur most commonly.  
 .....

## What to Expect:

- pain
- difficulty moving the injured part
- decreased strength
- swelling and bruising



## What to Do:

1. Stop activity right away.
  2. Think R.I.C.E. for the first 48 hours after the injury:
    - Rest:** Rest the injured part until it's less painful.
    - Ice:** Wrap an ice pack or cold compress in a towel and place over the injury immediately. Continue for no more than 20 minutes at a time, four to eight times a day.
    - Compression:** Support the injury with an elastic compression bandage for at least 2 days.
    - Elevation:** Raise the injured part above heart level to decrease swelling.
  3. Give the child ibuprofen (such as Motrin) for pain and to reduce swelling.
  4. The doctor will prescribe an exercise program to prevent stiffness.
- Seek emergency medical care if the child has:**
- severe pain when the injured part is touched or moved
  - trouble bearing weight and the child can't walk more than 4 steps after an injury
  - increasing bruising
  - numbness or a feeling of "pins and needles" in the injured area
  - a limb that looks "bent" or misshapen
  - signs of infection (increasing warmth, redness, streaks, swelling, and pain)
  - a strain or sprain that doesn't seem to be improving after 5 to 7 days



## Think Prevention!

Teach children to warm up properly and to stretch before participating in any sports activity, and make sure they always wear appropriate protective equipment.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

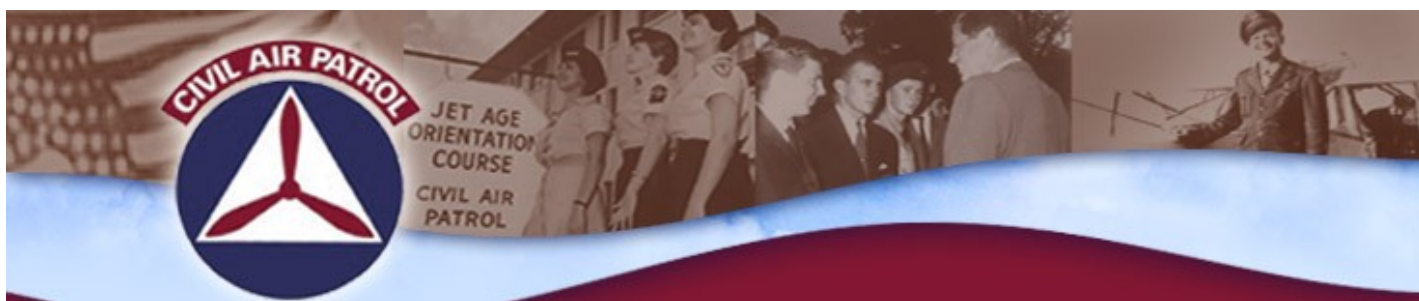
Reviewed by: Kate Cronan, MD Date reviewed: June 2007

uncommon. However, moderately severe or persistent pain is a sign that the level of activity is too advanced. The return to full activity should be done gradually.

### Follow-up

Minor injuries may require no other treatment. The length of time required for complete healing varies from person to person and with the severity of the injury. If the joint remains persistently tender or swollen, or if you have been instructed to do so, seek follow-up care for re-evaluation the injury.





## National Museum of the Civil Air Patrol

<http://www.caphistory.org/index.html>





## Safe Driving While Tired

Major Paul Mondoux

At one time or another, most of us have gotten behind the wheel without the benefit of adequate sleep. At the time, we were probably unaware sleep deprivation impaired our driving as significantly as driving drunk. Drowsy drivers are a serious threat to themselves and everyone else on the road.

### The Facts About Drowsy Driving

The U.S. National Highway Traffic Safety Administration estimates that 100,000 of reported crashes occur as a result of drowsiness, and considers sleep deprived drivers a hazard equal in severity to drunk drivers. Studies show that staying awake for 18 hours and driving produces the same effect as being legally drunk behind the wheel. The greater the sleep deprivation, the closer the correlation to higher levels of intoxication.

Actual statistics on crashes, injuries and fatalities caused by drowsy driving are difficult to calculate as there is no way to test the fatigue level of drivers. The cost, damages, injuries, and fatalities resulting from sleep deprived drivers have been estimated at \$12.5 billion.

### What are the Legal Ramifications?

New Jersey passed

'Maggie's Law' in 2003. It allows sleep deprived drivers who cause accidents and have been awake more than 24 hours to be charged with vehicular homicide. The law also provides liability for companies that require employees to keep such hours. Existing laws in all states may cover the prosecution of drowsy drivers for damages caused, but unfortunately do little to prevent an impaired driver from getting behind the wheel in the first place.

### Preventing Drowsy Driving

Many popular methods to stay awake, such as drinking a caffeinated beverage, opening windows, turning on air conditioning, or blasting the radio. Studies have shown these to be ineffective, however. The only proven preventative measure is to pull off the road and take a nap lasting at least 20 minutes. This small break is enough to restore a driver's abilities. It's best to nap, awaken more refreshed, and then continue on to a safe place to sleep longer.

Whether you are behind the wheel or a passenger, recognize the signs of drowsy driving:

- Heavy eyelids, frequent blinking, difficulty focusing vision

- Impaired concentration
- Missing exits or traffic signals
- Repeated yawning
- Drifting into other lanes or off the road
- Irritability or jumpiness

These symptoms are a warning no one can afford to ignore.

Driving drowsy is a hazardous practice. Sleep is not something a body can do without. At some point, the human body will simply take the rest it needs no matter where you are. Look for the signals of drowsy driving, choose not to operate a vehicle in this state and help keep the roads safer for everyone.

**At one time or another, most of us have gotten behind the wheel without the benefit of adequate sleep.**



- **Heavy eyelids, frequent blinking, difficulty focusing vision**
- **Impaired concentration**
- **Missing exits or traffic signals**
- **Repeated yawning**
- **Drifting into other lanes or off the road**
- **Irritability or jumpiness**





# THE LANTERN



## Schedule

Saturday

0600 Breakfast  
0745 Check Out  
0900 Seminar Room clean up  
1000 Graduation  
1100 Out Processing  
1130 Staff Debrief  
1230 Staff Depart



**From all the Staff**  
**Have a Safe Trip Home and have a Great Summer**  
**We had a great time**

## NERSC Web Site

All Pictures and articles will be placed on the NERSC web site.

Files will be placed for download.

[Http://nersc.nhplm.org](http://nersc.nhplm.org)

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